CLAIMS

A method for improving the performance of a decoder, comprising:
determining an energy value for a transmission from a first station to a second
station, the decoder residing in the second station;

forming a message carrying the energy value; and transmitting the message to the second station.

- 2. The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a preamble.
- 3. The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a subpacket.
- 4. The method of Claim 1, wherein the step of transmitting the message comprises positioning the message between a preamble and a subpacket.
- 5. The method Claim 1, wherein the step of forming a message carrying the energy value comprises:

locating the energy value in look-up table; and including an index value corresponding to the energy value in the message.

- 6. The method of Claim 1, wherein the first station is a base station and the second station is a remote station.
- 7. The method of Claim 1 wherein the first station is a remote station and the second station is a base station.